

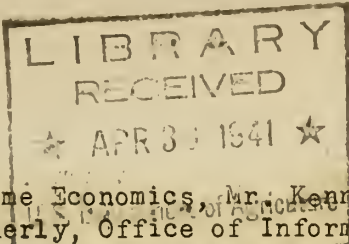
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HAM AND ---



A broadcast by Miss Ruth Van Deman, Bureau of Home Economics, Mr. Kenneth Warner, Bureau of Animal Industry, and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, April 15, 1941, in the Department of Agriculture period of the National Farm and Home Hour, over stations associated with the NBC Blue network.

--ooOoo--

WALLACE KADDERLY:

Here we are in Washington. And it's a balmy April day in your nation's capital--as far as the weather's concerned. The sun's shining. The cherry blossoms are in full bloom. And here at the microphone are Ruth Van Deman and Kenneth Warner, ready for another of their very informal but extremely practical reports stemming from the Department of Agriculture's research on meats.

A few weeks ago they gave directions for boning, stuffing, and cooking lamb cuts. Boning offered an especially good way to use the large shoulders and legs from the heavy fed lambs then on the market.

Today Miss Van Deman and Mr. Warner have some suggestions on another meat.... one always in the news at Easter time. Just why that is I don't know. But anyway this meat we have in mind is pork....cured pork to be more exact.

KENNETH WARNER:

Make it ham, Mr. Kadderly, and you'll be 100 percent exact.

KADDERLY:

Can't I make it ham and?

RUTH VAN DEMAN:

Certainly. If you'll furnish the and.

KADDERLY:

Fair enough.....All right, I'll see what I can do in the next 15 minutes.---- (for national defense.)

WARNER:

Mr. Kadderly, you said a moment ago you didn't know why so much is said about ham around Easter time.

KADDERLY:

Yes, I wish you'd give me that answer on that.

WARNER:

I'm not sure that there is any clear cut answer. I think it's just one of those food customs that spring up. Nobody can say just where and how.

I have a hunch it dates back to the days when fresh meat supplies were very scarce in the spring of the year. And people probably saved the choicest piece of meat in the smoke house for the Easter feast. Of course, that choicest piece of smoked pork was the ham.....the hind leg of *Porcus domesticus*.

VAN DEMAN:

I understand in Paris every April there always used to be a ham fair.... glorifying the pig and his products...praising him for his versatility.

(over)

KADDERLY:

And for his economy, I'm sure. The French are a very thrifty people. I'm sure they did honor to Monsieur le Pig for the economical way he produces meat and fat.

WARNER:

You're right there. None of our other domestic animals can touch him on that score. The pig is the speediest machine we have for turning grain and grass, into meat and fat for our use... That is speediest from the standpoint of large scale production.

VAN DEMAN:

That's the reason the Secretary of Agriculture is asking farmers to raise more pork this coming year, isn't it?

KADDERLY:

Yes, we have an abundance of corn in the Ever-Normal Granary. We can turn some of that corn into meat very quickly by raising more hogs and feeding what we have until they're heavier in weight.

WARNER:

And pork's a type of meat that cures especially well. It can be held in storage to meet most any emergency.

KADDERLY:

That's true. And it's a concentrated food that doesn't take up much space in shipping.

VAN DEMAN:

There's another point in its favor too, on the food-value side. Even after curing, storing, shipping, lean pork is still an excellent source of Vitamin B<sub>1</sub>, or thiamin.

WARNER:

Isn't pork almost unique among the meats in that respect?

VAN DEMAN:

It seems to be. Maybe Porcus Domesticus has a public service patent on that.

WARNER:

Speaking of research in the public interest, I remember when Dr. Ralph Hoagland of the Department identified pork as rich in Vitamin B, way back in 1923.

VAN DEMAN:

The later studies have certainly proved him right.

KADDERLY:

Mr. Warner, I wish you'd set me straight on the different kinds of ham... I mean the different kinds of cures. Most of the ham we buy in the store seems to have a very mild flavor.



WARNER:

That's the kind the commercial plants are turning out chiefly now....a moist, short-cured, mild-flavored ham.

These hams are often heated in smoking to a temperature over 140 degrees. This helps to make the meat more tender.

VAN DEMAN:

These mild-cured hams are very easy to handle in the kitchen. A ham like that doesn't need any soaking. Just a brief scrub, and it can go straight into the oven for baking to develop more flavor.

Being a tender cut, it should go fat side up...on a rack....in an open pan... a shallow pan so the heat can circulate all around the meat and penetrate it slowly and evenly. And the oven temperature should be low.....around 260 degrees.

KADDERLY:

How long does it take a ham...say a 12 pound ham to bake?

VAN DEMAN:

Oh--about 5 hours in a slow oven. That's about 25 to 30 minutes to the pound. And that means the ham is at room temperature at the start. If it comes right out of an ice-cold refrigerator of course it will take longer to heat through.

WARNER:

Is you use a meat thermometer stuck right into the center of the ham, that will save any over-cooking, and prevent under-cooking. You keep the ham in the oven until the thermometer registers about 170 degrees. That's the temperature of the meat at the very center of the ham.....But, Miss Van Deman, maybe I'm speaking out of turn here.

VAN DEMAN:

Very much in turn, I'd say. Anybody who's carved and helped judge as many hams as you have in the course of the years of cooperative meat research, speaks as an authority.

WARNER:

Maybe it's time for me to talk about country-cured ham...the kind farmers cure mostly for their own use.

KADDERLY:

Ham that am! What is it gives country-cured ham that rich, rare bouquet of flavor?

WARNER:

Time chiefly....along with salt....sugar....wood smoke....holding the meat at the proper temperature. The development of flavor in real country ham is quite a story, with friendly bacteria and enzymes playing a prominent part.

KADDERLY:

Now, this Smithfield-style ham, that's such a delicacy here in the East..... is that cured like a country ham?

WARNER:

Yes, approximately. Then the cured smoked ham is aged usually for a year or more to dry and to develop that pungent, aromatic flavor. It takes time, you know, for a ham to ripen.

KADDERLY:

Like old cheese.

WARNER:

And wisdom.

VAN DEMAN:

On the wisdom side an old ham has to be handled with a certain amount of it in the kitchen. It needs soaking in water in a cool place, sometimes for as much as two days, to soften up the very dry places. Then you can bake it just like any other ham. Or you can stop the soaking, cook it in water, and finish it off in the oven.

KADDERLY:

Do you leave the rind on?

VAN DEMAN:

Oh yes, we always leave the rind on a ham until after it's baked or boiled. On a baked ham the rind gets stiff and hard almost like the shell of a turtle. But you can lift it right off if you loosen it first at the shank end.

KADDERLY:

And when do you put on that nice spicy top dressing that makes the ham crust?

VAN DEMAN:

After you take off the top rind. If it's a top dressing, made with bread crumbs and brown sugar and cider, it will stay on better if the ham has been chilled first to harden the fat on top.

A quick way is to score the fat criss-cross with a knife while the ham's still hot, sprinkle it over with brown sugar, stud it with whole cloves, and maybe add some slices of pineapple or candied cherries.

Then if the ham's slipped back into the oven for 10 or 15 minutes, the outside will take on a beautiful rich brown glaze.

WARNER:

And may I add a hint on carving?

KADDERLY:

Pray do.

WARNER:

If you let the ham cool a little before you start to carve, it cuts much better. The slices aren't so likely to fall apart.

KADDERLY:

For real fancy carving of course there's nothing like a thoroughly cold ham.

WARNER:

Right.

KADDERLY:

Well, as usual I know you two have'nt told half you know about this subject.

WARNER:

Give us a rain check, and we'll come again.

KADDERLY:

It's done. And Ruth, aren't you going to mention this nice leaflet I see lying here on the table "Cooking Cured Pork"?

VAN DEMAN:

I was leaving that to you, Wallace.

KADDERLY:

Ad lib offer leaflet "Cooking Cured Pork."

